

## ABSTRACT

A computer-implemented method is described for compressing video, the method comprising: calculating an activity metric for a macroblock in a first field; and selecting a quantizer scaling value for a corresponding macroblock in a second field based on the calculated activity metric.

Also described is an apparatus for compressing data comprising: an activity metric analysis module to calculate an activity metric for macroblocks in a first field; and a scaling variable selector module to select a quantizer scaling value for corresponding macroblocks in a second field based on the calculated activity metric.